PREPAREDNESS 101

ACADEMIC ADVISERS SAY NOW'S THE TIME TO CHECK YOUR TIMETABLE AND FIND THE BOOKS YOU'LL NEED PAGE 24

VANCOUVER metro®

Tuesday, August 14, 2012

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Friends, family and fans proud of Team Canada's accomplishments

It was a rock-star welcome for Burnaby soccer hero Christine Sinclair and her fellow Olympians Monday as they returned home after 16 days of highs and lows at the London Games.

More than 100 fans erupted in cheers as the 29-year-old flagbearer appeared. along with three of her teammates, Karina LeBlanc, Sophie Schmidt and Emily Zurrer, at Vancouver International Airport.

Sinclair told reporters it was great to be back home and share the bronze medal with fans and her family.

"To walk out in front of 80,000 screaming fans and carrying your country's colours — it's a moment I'll never forget," she said of the closing ceremony. "I think I need to watch it on TV because I don't even remember what happened."

She's hopeful that the team's run at the Games will increase awareness of, and support for, women's soccer.

It was also an emotional reunion for Sinclair and her mom, Sandra, who gave each other a big hug.

"I'm over the moon," her mom said. "I'm just glad to have her back."

Weightlifter Christine Girard, open-water swimmer Richard Weinberger and team-pursuit cyclist Jasmin Glaesser also proudly showed off their bronze medals to the fans cheering them on.

Krista Guloien, women's-eight-rowing silver medallist, said seeing Team Canada's supporters welcome them was even better than watching the Spice Girls perform on Sunday.

Andrew Munro, who helped Sinclair's mom in coaching a young Christine's South Burnaby team, said he knew she was bound for greatness during the very first practice and game. "She was quite shy, but a great teammate," said Munro, who coached and refereed Sinclair for five years. "She preferred other people scoring than herself.

"I had tears in my eyes when I saw her carry the flag," he added. "It was like being a parent."

Maarja Vonschulmann, 13, who was holding a sign that read "Bronze in the podium. Gold in our hearts" was excited to meet her idol.

"I think Christine's a great team leader," she said. "She scored a hat trick, which is pretty hard to do at the Olympics. She's really an inspiration."

PHYLICIA TORREVILLAS/METRO

Team player

"She could score probably 20 goals a game if she wanted to, but she tried to set up as many of the girls on the team as she could."

Coach Andrew Munro, reminiscing about working with a young Christine Sinclair

Burnaby soccer star Christine Sinclair proudly shows her bronze medal to reporters Monday at the Vancouver International Airport. PHYLICIA TORREVILLAS/METRO

1 person dies in plane crash

A small plane crashed in British Columbia's southern Interior on Monday evening, killing one person and injuring three others PAGE 4

Curious about council vacay?

It's summer break for our representatives at city hall, but not everyone is relaxing. Find out who's mixing business and pleasure PAGE 3

Sprouted out of a dream

Director Peter Hedges flips between fantasy and reality in the enchanting movie The Odd Life of Timothy Green PAGE 15

Forget ho-hum hummus

Black-olive tahini spread adds another flavour dimension to your everyday dip. You don't want to miss out on this recipe PAGE 18

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Councillors' work is never done

They work hard, they play hard. Councillors mix business and pleasure during 7-week summer break

KATE WEBB
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Coun. Kerry Jang works on one of the model boats he builds from scratch out of fibreglass, plastic and resin.
KATE WEBB/METRO

When it gets too hot for council meetings, Mayor Gregor Robertson contemplates life on his surfboard, Coun. Geoff Meggs stalks birds with binoculars and Coun. Heather Deal stays in shape by cycling to Squamish.

Yes, it's summer vacation at city hall. The break officially began Aug. 1 and runs until the next scheduled meeting on Sept. 18, but not everyone is relaxing. There's a fine line — perhaps undetectable in some cases — between vacation and work for many civic politicians, such as Coun. Kerry Jang.

In between building model boats at his East Vancouver home and publishing papers in psychiatry journals for his other job as a UBC professor, he has already spent several nights this month attending dinners and cultural events.

"It's fun because, although it's part of what I would consider my official duties if I get requested to come on behalf of the city, many of them I've known for a number of years now and they're very friendly and fun, and I get to meet different people and have a new experience," he said Monday.

Coun. Tim Stevenson is in Ottawa this week, supporting his partner, St. Andrew's-Wesley Rev. Gary Paterson, in his bid to become moderator of the United Church of Canada.

After that, the prominent power couple have plans to visit family in Victoria and Calgary.

"We'll know on Thursday whether he's the moderator, but everyone has come to me and told him he hit a home run with his speech. It was actually a phenomenal speech," he told Metro via phone from Ottawa.

At least that's one vote Stevenson, who is also a United Church minister, won't have to think too hard about.

Follow Kate Webb on Twitter @MetroK8

On break

Metro asked council members: What are your summer plans?

"I spend time every summer with my family along the B.C. coast. My idea of relaxing is getting outside and being as active as possible — hiking, swimming, paddling and sailing. With plenty of excellent fresh, local food and drink added!"
Mayor Gregor Robertson

"My plan was to clean up my carport, the house and the yard so we can have some friends over for a barbecue or accommodate some overnight visitors. Well, it didn't quite work out that way. Last weekend, I spent time on eight community events. Not complaining, because they were all fun-filled and all great for connecting with the communities. Next few days, I hope I can clean up some of my email, catch up on some of the city's ongoing projects and shoot the breeze with friends over coffee. As for the cleanup and barbecue, well ... that can wait. Boring, but what can you ask from an engineer?"
Coun. Tony Tang

British Columbians critical about of own health

British Columbia is home to some of the toughest self-critics when it comes to perceived overall health, and low income levels may be playing a significant role.

As part of its National Report Card on Health, released Monday, the Canadian Medical Association asked participants to rate their overall health status.

At 17 per cent, British Columbians were most likely to classify their health as fair or poor, compared to the national average of 11.75 per cent.

They were also hesitant to rate their health status as excellent. Only 18 per cent awarded themselves that title, placing them in second-to-last place after Atlantic Canada (12 per cent).

Those who rated their health as poor more likely earn less than those who considered themselves to be in excellent condition, say the study authors.

The report card compared the Canadians in low-income brackets — less than $30,000 per year — with those earning an annual salary of $60,000 or more.

It found that 68 per cent of high-income earners rated their health as excellent or very good, compared to only 39 per cent of low-income earners.

Those who bring in less money each year were significantly more likely to smoke, have overweight children, be diagnosed with a chronic condition or delay buying prescription drugs.

Dr. Patricia Daly, chief medical officer with Vancouver Coastal Health, said income level determines many aspects of our lives, which in turn affect health status.

"Someone who is trying to just get by is barely able to put food on the table, let alone eat healthy food," she said. "And they don't have the same opportunity for physical activity in the neighbourhood that they live in."

In B.C., more than 55 per cent of residents earn $30,000 a year or less, while less than 18 percent earn $60,000 or more annually, according to 2010 data from Statistics Canada. ELIZABETH HAMES/FOR METRO

Mobile news

This kitten sure wants milk. Scan the code to see how crazy a cute three-week-old furball gets at the sight of a milk bottle.

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First fare gate ready to save TransLink cash

Price tag. Gates will cost a total of $170 million, including the implementation of Compass Cards

ELIZABETH HAMES
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Langley Mayor Peter Fassbender and Vancouver-South MP Wai Young finish installing the first fare gate along the region's rapid-transit system at the Marine Drive Canada Line Station on Monday. ELIZABETH HAMES/FOR METRO

TransLink expects to save $7 million to $10 million annually once fare gates are in place at every SkyTrain and Canada Line station, and SeaBus platform.

Doug Kelsey, TransLink CEO, made the announcement at the unveiling of Vancouver's first fare gate at Marine Drive station Monday.

By 2013, similar structures will be installed at every SkyTrain station and SeaBus platform, he told reporters.

The event marked an end to an honour system that has lasted for 35 years. But not every rider has been honest.

TransLink estimates it loses $7 million annually in fare evasion just on the SkyTrain. Losses on the SeaBus and TransLink's 1,600 buses raises that figure to $14.5 million. Fare evasion is so rampant that along Broadway, transit-goers call the 99 B-Line the "99 Free-Line."

Kelsey said he has confidence the gates will reduce the number of free rides, but he is realistic. With a fare gate standing at just over a metre high, it is certainly no Greay Wall. "You've got to seriously jump over these. Can people do that? Yeah, they can," he said. "But you also want to have an open system as much as possible."

TransLink and the federal government will each chip in $30 million of the $100 million it costs to install the gates, and the province will contribute $40 million. Translink will also cover the remaining cost of $70 million to implement Compass Cards.

Immigration

Bank-fraud suspect returns willingly to China

A Vancouver man accused of bank fraud totalling $150-million in China has voluntarily returned to that country to face the music.

Gao Shan was charged with moving illegally acquired money for a Chinese businessman who also turned himself in earlier this year after hiding from Chinese authorities in Canada. Gao's lawyer says his client decided to return to China because he was living with a cloud over his head.

Gao was arrested by the Canada Border Services Agency in 2007 because of irregularities with his immigration documents, but was later released on a $150,000 bond. THE CANADIAN PRESS

Brenda Mines. One killed, three injured in southern-Interior small plane crash

One person was killed and three others were rushed to hospital after a small plane crashed in British Columbia's southern Interior on Monday evening.

Search-and-rescue officials say the plane was travelling from Penticton to Boundary Bay when it went down at about 5 p.m. local time.

Canadian navy search-and-rescue spokeswoman Capt. Annie Djiotsa says the Piper twin-engine Commanche crashed near Brenda Mines, about 22 kilometres west of Peachland in B.C.'s Okanagan region.

She says a Cormorant helicopter was dispatched to the crash site, which was about 55 kilometres from Penticton.

Chris Harbord from the B.C. Ambulance Service confirmed three people in critical condition were taken from the crash site to hospitals in Kelowna and Kamloops.

"It took a while for search-and-rescue to find the plane, and when they did we understood there were four patients on board," she said.

The Transportation Safety Board says it will be investigating the crash and plans to send two officials to the site on Tuesday morning. THE CANADIAN PRESS

Passengers

4

One person was killed and three others were rushed to hospital in critical condition.

Melding Chinese and First Nations histories

Fraser Valley bus tour. Trip organizers hope to shed light on shared past and close the chapter on injustice

KATE WEBB
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An educational tour aimed at unearthing little-known and interconnected Chinese and First Nations histories is looking for English speakers interested in going to the Fraser Valley next month.

The two-day bus trip, hosted by the Canadians for Reconciliation Society, will visit an abandoned Canadian Pacific Railway tunnel, a gold mine and burial sites to help participants understand the "discrimination and risks involved in laying the economic foundation for B.C."

Society chair Bill Chu said part of the reason for the trip is that, in his view, school curriculum does not adequately address the full scope of discrimination that took place in B.C.

"Our focus is not about revenge or anything. In fact, we want to do the reverse," he said. "We want to restore the relationship, to put a closure to past injustice."

Teachers already touch on racist federal policies such as the Chinese Exclusion Act and head tax. But Chu has been lobbying the Education Ministry to introduce lessons on injustices committed by the provincial government, such as the 80 years during which Chinese were refused provincial contracts and subcontracts.

Tour participants will visit five First Nations reserves and help deliver 225 kilograms of food to an on-reserve food bank. They will visit fishing camps and a traditional pit house in the Fraser Canyon.

A similar tour for Cantonese speakers that was held late last month was fully booked, with 53 people. Other tours have been held as far back as 1990, but this is only the second year the two-day bus tours have been held.

Bill Chu, centre, chair of the Canadians for Reconciliation Society, gives a history lesson during a tour of a Chinese gold mine in the Fraser Valley last month. CONTRIBUTED/SYLVIA CHU

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Norway. Commission criticizes police response to bomb, gun massacre

Norwegian authorities could have prevented or interrupted the bomb and gun attacks by a far-right terrorist who killed 77 people last year, a government-appointed commission said Monday.

The long-awaited report into the July 22, 2011, attacks also said the domestic intelligence service could have done more to track down the gunman, but stopped short of saying it could have stopped him.

Anders Behring Breivik

Anders Behring Breivik, 33, has admitted to the bombing of the government's headquarters in Oslo, which killed eight people, and the subsequent shooting spree at a youth camp that left 69 dead, more than half of them teenagers. He is currently awaiting sentencing.

While noting that the attacks "may be the most shocking and incomprehensible acts ever experienced in Norway," the 500-page report said the bombing "could have been prevented" if already-adopted security measures had been implemented more effectively.

Breivik was able to park a van with a fertilizer bomb just outside a high-rise before he drove another car to the Labor Party's youth camp on Utoya, unhindered.

The police response was slowed down by a series of blunders, including flaws in communication systems and the breakdown of an overloaded boat carrying a police anti-terror unit. Meanwhile, Norway's only police helicopter was left unused, its crew on vacation. Breivik's shooting spree lasted for more than one hour before he surrendered to police.

The report said that a faster police response could have stopped Breivik's shooting spree earlier, but recognized that "hardly anyone could have imagined" the attack on Utoya.

THE ASSOCIATED PRESS

Quoted

"Sadly ... after repeated school massacres in other countries, an armed desperado who shoots adolescents is indeed conceivable — also in Norway."

Excerpt from a report into the Norwegian bombing and shooting

Fugitive. Man wanted in gruesome Philadelphia murder arrested in T.O.

Toronto police say a drunk-driving investigation led to the arrest of an international fugitive wanted in a gruesome Philadelphia murder more than a decade ago.

Police say 35-year-old Kai-Guo Huang was originally arrested Aug. 7 in the city's northeast and charged with driving over the legal blood-alcohol limit.

He was released on a promise to appear in court.

Police say Huang gave them a false name, identifying himself as Yu Chen.

Officers later discovered his true identity and learned he was wanted in Philadelphia on charges of murder, conspiracy, possession of an instrument of crime and abuse of a corpse.

The charges stem from the 1998 slaying and dismemberment of a man.

He is being held for possible extradition.

THE CANADIAN PRESS

Security

Man strolls across airport tarmac

A New York City man breached Kennedy International Airport's security system by walking undetected through two runways and into a terminal after becoming stranded in a nearby bay. The 31-year-old swam to shore and then walked past motion sensors and closed-circuit cameras, part of the airport's state-of-the-art system. THE ASSOCIATED PRESS

Vatican scandal

Pope's butler to stand trial

A Vatican judge on Monday ordered the pope's butler and a fellow lay employee to stand trial for the alleged pilfering of documents from Pope Benedict XVI's private apartment. The indictment accused Paolo Gabriele of grand theft — a charge that could bring up to six years in jail, although the pope could pardon his once-trusted aide. THE ASSOCIATED PRESS

Police officers gather at the site of a shooting near Texas A&M University on Monday. Police say one law-enforcement officer and one civilian were killed in the shootout. The gunman also was shot before being taken into custody. He later died. DAVE MCDERMAND/BRYAN-COLLEGE STATION EAGLE/THE ASSOCIATED PRESS

Cop among 3 dead after Texas shooting

Four more injured. Gunman, other man also killed during incident near university campus

A Texas law enforcement officer attacked as he brought an eviction notice to a house Monday was among three people, including a shooter inside the home, killed Monday near a Texas university.

A 65-year-old man also died, while three other law enforcement officers and a 55-year-old woman were wounded, in the shootings at an off-campus home not far from the Texas A&M University's football stadium, College Station Assistant Police Chief Scott McCollum said.

Brazos County Constable Brian Bachmann had gone to a home with an eviction notice just after 12 p.m., McCollum said. A man in his mid-30s who lived there opened fire from inside, he said.

Officers responding to calls describing an officer down saw Bachmann wounded on the ground in the front yard, then got into what McCollum described as an extended shootout with the gunman, who eventually was shot.

Both Bachmann and the gunman were later pronounced dead at a hospital. Officials did not say where the other man who died was shot or why he, or the woman who was wounded, was at the home.

Bachmann worked more than 19 years in law enforcement, according to the Texas Commission on Law Enforcement Officer Standards and Education. He started out with the Hempstead Police Department before spending most of his career with the Brazos County Sheriff's Office. He had been a constable since January 2011 after winning election to the post the prior November.

THE ASSOCIATED PRESS

Quoted

"It appeared to be fairly quiet. It didn't appear to be a lot of people out and about at that particular time."

Texas A&M spokeswoman Sherylon Carroll, speaking on the fact most students were not on campus on Monday

Votes piling up to end Quebec student strikes

The number of students on strike in Quebec has dwindled considerably, with people at several colleges voting Monday to end protest actions that had drawn international attention during events some dubbed the Maple Spring.

Following three more votes Monday to end the strike, the tally now stands at six to one among junior colleges, called CEGEPs in Quebec, in favour of returning to class. However, more votes are scheduled in the coming days and some university faculties have voted to keep striking.

A spirited debate took place at Montreal's College de Maisonneuve before students voted to head to class. Afterwards, several strike supporters tried to console each other with long hugs outside the school's main doors.

It's not clear whether the strike movement has suffered a permanent setback, or whether it's simply laying low before a decisive win.

The party leading the polls in the current provincial election campaign, the PQ, has proposed eliminating the tuition hikes that were at the root of the dispute and replacing them with much smaller increases pegged to the rate of inflation.

There have also been warnings that the strikes could be revived after the Sept. 4 election, depending on who wins.

Other votes will be taken this week. As for universities, they return to school later.

THE CANADIAN PRESS

Striking out

- About one-third of Quebec students had their spring session interrupted by the strikes.
- The law passed by the Charest government mandates their return to complete the semester over the coming weeks and sets stiff fines for people blocking schools.

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Iran reeling as quake death toll surpasses 300

Disaster. Officials report more 3,000 injured in earthquakes that struck northwest border region two days ago

Two boys retrieve their belongings from the ruins of their house following Saturday's earthquake in northwestern Iran.
ALI HAMED HAGHDOUST/THE ASSOCIATED PRESS

Iran raised its earthquake death toll to 306 on Monday, a day after rescuers called off the search for survivors from the rubble of their homes in the country's northwest, state media reported.

Health Minister Marzieh Vahid Dastjerdi told a session of parliament that the number jumped by about 50 after victims expired in the hospital. More than 3,000 people were injured in the twin earthquakes that struck two days ago, she added in comments broadcast on state radio.

In one hamlet visited by AP Television News near the village of Bajeh Baj, 13 miles west of one of the epicenters, furniture peeked out from under piles of bricks and collapsed roof timbers while men sorted through debris, trying to salvage what little was left of their households.

Residents say the earthquake killed 35 people living in the simple dwellings surrounded by mountains. Dried earth was left split wide open from the force of the shock, which cut some houses in two and left the wall of one standing only where it was propped up by a refrigerator.

The death toll included some 219 women and children, Dastjerdi said, adding that around 2,000 injured people had been released from hospitals soon after the quake since they had only minor injuries.

Dastjerdi said her ministry has deployed scores of ambulances and medics to the region but still needs helicopters to transfer seriously injured people quickly.

Authorities say old, heavy roofs without frames were largely responsible for the death toll in the rural areas.

Scores of aftershocks have coursed through the region since the 6.4 and 6.3 magnitude quakes hit the area, home to some 300,000 people in a 6,000-square-kilometre borderland near Azerbaijan and Armenia.

The quakes hit the towns of Ahar, Haris and Varzaqan in East Azerbaijan province. At least 12 villages were totally levelled, and 425 others sustained damage ranging from 50 to 80 per cent, state TV and news agencies reported.

Many roads were heavily damaged. Reports showed relief workers distributing tents and helping survivors, mainly in rural areas. Iran is located on seismic fault lines and is prone to earthquakes.

THE ASSOCIATED PRESS

Force of nature

6.4

Magnitude of one of the earthquakes that hit Iran's borderland near Azerbaijan and Armenia.

A glimpse into the past

A historical picture of construction work on the Berlin Wall is seen in the background as a man looks through a slot in a segment at the Berlin Wall Memorial on Monday. Germany is marking the 51st anniversary of the day communist East Germany sealed itself off behind the wall. GERO BRELOER/THE ASSOCIATED PRESS

Health Canada

Patients at risk from hospital bed?

Health Canada is warning hospitals and other healthcare facilities about the risk of entrapment of patients in hospital beds. The agency says 12 incidents have been reported of patients becoming trapped in hospital beds since 2009. THE CANADIAN PRESS

Guatemalan lawsuit

Research victims appeal decision

Guatemalans who were subjected to sexually transmitted diseases by U.S. researchers in the 1940s have appealed a judge's dismissal of their lawsuit. The victims filed an appeal Monday with the U.S. Court of Appeals.
THE ASSOCIATED PRESS

Midwest drought

U.S. pledges $170M farm aid

The U.S. government will buy up to $170 million of pork, lamb, chicken and catfish to help drought-stricken farmers, the White House said Monday as President Barack Obama brought his campaign to rural voters in Iowa. THE ASSOCIATED PRESS

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Bomb targets civil servants in Jalalabad

Police officers inspect the wreckage of a vehicle after a bomb explosion on Monday in the city of Jalalabad, east of Kabul, Afghanistan. At least five civilians were injured as a bomb targeting a government employees' bus went off, a police source said. RAHMAT GUL/THE ASSOCIATED PRESS

Afghan police attacks on NATO 'troubling'

Turncoats. So-called 'green-on-blue' shootings undermine trust between forces, U.S. ambassador says

New U.S. ambassador to Afghanistan James Cunningham called a sudden rash of attacks on international forces by their Afghan partners "troubling" on Monday, after an Afghan policeman opened fire on NATO forces in the fifth such assault in a week.

No international service members were killed in the latest attack. A Taliban spokesman claimed responsibility for the shooting in the eastern province of Nangarhar, claiming the attacker was a police officer who had been in contact with insurgents.

A spike in so-called "green-on-blue" attacks, in which Afghan security forces or attackers wearing their uniforms turn their guns on coalition troops, has raised concerns as NATO aims to turn over control for security to Afghan forces in a little more than two years.

"It's obviously very troubling, not just to us, but it's also very troubling to our Afghan partners," Cunningham told reporters.

He said it was not clear if all of the attackers were Taliban infiltrators, but noted that the strikes still threaten the "confidence and trust" needed for the two military forces to work together.

The coalition on Monday sought to dispel any idea that the rising number of turncoat attacks signals any shift in public sympathy toward insurgents, increased Taliban infiltration or growing resentment toward the mostly American coalition forces.

Insurgents were behind only about 10 per cent of this year's reported green-on-blue shootings, a NATO spokesman said, citing investigations into attacks before those of the past week. He insisted the deadly violence is relatively small scale. THE ASSOCIATED PRESS

Taliban?

The Taliban issued a statement praising the shooting.

- They said three Americans were killed, though the insurgents often exaggerate the results of their attacks and are quick to take credit for incidents.

Syria. Rebel forces claim to have brought down their first regime aircraft

A still from a video that purports to show a Syrian pilot being interrogated by rebel officers. CONTRIBUTED

Syrian rebels circulated dramatic video on Monday of what they claimed was the downing of a warplane and armed men later holding the captured pilot who ejected as the MiG fighter was engulfed in flames. Syria acknowledged a pilot bailed out of a disabled plane, but blamed the crash on a technical malfunction.

The authenticity of the images or the claims could not be independently verified. If the rebels did bring down their first aircraft, that could signal a significant jump in their firepower and give opposition forces their most high-profile military captive.

But wider questions remain even if the rebel reports are confirmed, including whether this could be just a one-time blow against expanding air offensives by the forces of Bashar Assad's regime. Just days ago, protesters across Syria pleaded for the rebels' main backers — including Turkey and Gulf states — to send anti-aircraft weapons for outgunned fighters. THE ASSOCIATED PRESS

Denials. No meeting with jailed Taliban, Pakistan says

Pakistan on Monday contradicted reports that a delegation of Afghan officials met with a former deputy leader of the Taliban who is imprisoned in Pakistan.

Mullah Abdul Ghani Baradar was captured in Pakistan in 2010. His arrest reportedly angered Afghan President Hamid Karzai because Baradar had been in secret talks with the Afghan government.

The former Taliban deputy is seen as a potentially important player in the process of striking a peace deal in Afghanistan

Pakistan's Interior Ministry said reports of a meeting between Afghan officials and Baradar were "absolutely baseless and ill-motivated." THE ASSOCIATED PRESS

Prisoner release

Despite the Pakistani denial, it's still unclear whether there has been any contact between the Afghan government and Baradar.

- The Afghan government has pushed for the release of Baradar and other Taliban prisoners to speed up the effort for peace talks.

Facebook post

Egyptian military appears to submit to power grab

Egypt's military signalled its acquiescence on Monday to the president's surprise decision to retire the defence minister and chief of staff and retake powers that the nation's top generals grabbed from his office.

A posting on a Facebook page known to be close to the country's military said the changes amounted to the "natural" handing over of leadership to a younger generation.

THE ASSOCIATED PRESS

Attack mulled

Iran debate growing in Israel

To attack or not to attack? With Israeli politicians warning repeatedly that Iran is secretly pursuing nuclear weapons, this question has spawned an unprecedented amount of agonizing, even in a country accustomed to war and incessant debate.

Veteran Israeli journalist Motti Kirshenbaum noted that Israel's usual pattern is to dissect a military offensive after it happens — not discuss it beforehand.

THE ASSOCIATED PRESS

Israel-Iran-India

Suspects in bomb attack questioned

Two Indian investigators have gone to Tehran to question Iranian suspects they believe were involved in a bomb attack that wounded an Israeli diplomat's wife in New Delhi in February, police said on Monday.

New Delhi police say three Iranians performed reconnaissance at the Israeli Embassy in May 2011.

THE ASSOCIATED PRESS

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South Africa. Two police officers among 9 killed in platinum-mine violence

Ongoing violent protests at a platinum mine in South Africa have killed at least nine people, as authorities struggled to control a massive crowd that at one point overpowered officers and stole their weapons, police said Monday.

The protests focused on a Lonmin PLC mine operation near Marikana, a town about 70 kilometres northwest of Johannesburg. Two police officers were killed during violent protests Monday, while another remains in critical condition. Officers opened fire on the crowd, killing at least three people.

Protests began Friday when workers walked off the job over a wage dispute. Four miners attempting to go to work were injured by a rival mine union. Angry protesters returned to the mine on Sunday, killing two security guards by setting their car on fire, authorities said. Another two miners died Monday in other attacks, police and company officials said.

The fighting intensified Monday as part of a larger struggle between the National Union of Mineworkers and the Association of Mineworkers and Construction Union. National Union of Mineworkers spokesman Lesiba Seshoka said the fighting had shut down Lonmin's operation near Marikana.

THE ASSOCIATED PRESS

Mining woes

The restive labour force is among the many challenges facing the mining industry in South Africa.

- **The industry has been weakened by decades of under-investment.** A debate over nationalization and other policy questions have created uncertainty that has spooked potential investors. Still, South Africa remains a major producer of platinum, coal and gold.
- **London-based Lonmin is the world's third largest platinum producer.** The company says 96 per cent of all of its production comes from its Marikana operations.

Police won't bend for yoga guru's protest

Indian yoga guru Baba Ramdev waves out of the window of a bus after he and thousands of his supporters were detained for several hours by Indian police in New Delhi on Monday after they tried to march to India's parliament to intensify an anti-corruption protest and press for a change of government. Ramdev has been fasting to demand a robust ombudsman law to keep checks on government, a strong and independent Central Bureau of Investigation and efforts to act against tax evasion and illegal money sent to banks abroad. However, support for Ramdev's protest has been dwindling. About 10,000 people showed up Monday, less than half the number at the start of the protest four days ago. Critics have accused Ramdev of amassing a fortune in donations and not paying taxes. Ramdev denies all allegations. SAURABH DAS/THE ASSOCIATED PRESS

Refloating cruise ship

Costa Concordia towing delayed

Italian government officials say the capsized Costa Concordia cruise ship will not be moved from its resting place off Italy's Tuscan coast as quickly as planned. They said the Concordia should be set upright and able to float again by the end of spring 2013, ahead of Giglio's next tourist season. Salvage experts in May had predicted towing could start in early 2013.

THE ASSOCIATED PRESS

Greece arson attack

Far-right group's office set ablaze

Arsonists firebombed an Athens office of Golden Dawn, a far-right, anti-immigrant party, a day after the suspected racist murder of an Iraqi man in the Greek capital. The party's ascendance has been coupled with growing reports of attacks on immigrants. It won 18 seats in parliament by running on an anti-immigration, nationalist platform.

THE ASSOCIATED PRESS

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Theatre shooting judge won't budge on gag-order ruling

Colorado. Sylvester says releasing info would harm fairness of trial and is not in the public interest

The judge in the deadly Colorado theatre shooting case refused Monday to lift a gag order that prevents the University of Colorado from releasing information about the former graduate student who is accused of being the shooter.

Arapahoe County District Judge William Sylvester also ruled that he would release some court documents in the case.

James Holmes, a former PhD student at the university, is accused of going on a shooting rampage on July 20 at the midnight showing of the new Batman movie in suburban Denver, killing 12 people and injuring 58 others.

Accused killer James Holmes
THE ASSOCIATED PRESS FILE

Members of the public will have access to a list of documents filed, as well as some submitted by attorneys. Some key documents, including the arrest affidavit that outlines law enforcement's case against Holmes, will remain sealed.

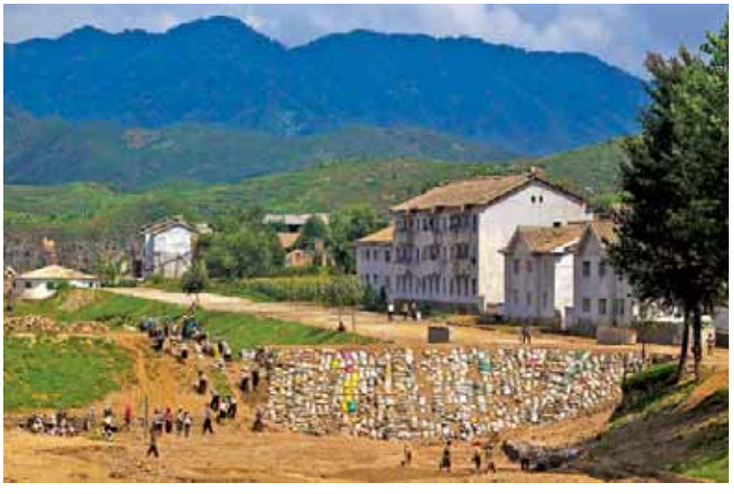
Sylvester said releasing that information would harm the fairness at trial and be contrary to public interest.

In his order on the University of Colorado he said he "will not jeopardize the integrity of the process and the truth-seeking functions" of the courts by authorizing the premature release of records.

Last week, Holmes' lawyers said he suffers from a mental illness but didn't disclose any details about his condition.

Defence attorney Daniel King said Holmes sought out university psychiatrist Lynne Fenton for help weeks before the shooting. A hearing is scheduled for Thursday to establish they had a doctor-patient relationship.

THE ASSOCIATED PRESS



North Koreans attempt to repair flood damage

A sandbag wall is constructed on Monday as individuals try to repair damage brought by July flooding in Songchon County, North Korea. Floods killed at least 169 people nationwide and destroyed tens of thousands of homes. DAVID GUTTENFELDER/THE ASSOCIATED PRESS

Guinea

Officials sacked over deaths

Guinea's president has dismissed two high-ranking officials after deadly clashes took place in their cities.

President Alpha Conde made the announcement Monday following last week's violence. Witnesses say seven people were killed by soldiers on the orders of the official in Zerekore. THE ASSOCIATED PRESS

Hijacking

U.S. prosecutes Somali pirates

A U.S. federal judge ordered a Somali pirate on Monday to serve a dozen life sentences in prison for his role in the hijacking of a German merchant vessel and a U.S. yacht, saying the hostage negotiator was lucky he wasn't facing the death penalty.

THE ASSOCIATED PRESS

Vic Toews

U.S. to give up Khadr tapes

U.S. authorities are expected to hand videotapes of Omar Khadr to the Canadian government this week now that the military commission head has signed off on the release.

Public Safety Minister Vic Toews said he needs the tapes to help him decide whether to allow Khadr to return. THE ASSOCIATED PRESS

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Obama and surprise GOP pick Ryan both zero in on Iowa

Battleground state. Romney's unexpected choice of running mate eager to establish himself in voters' consciousness

The Republicans' choice of Paul Ryan has not gone down well JEFFREY PHELPS/THE ASSOCIATED PRESS

Mitt Romney's freshly minted running mate is hitting the U.S. presidential campaign trail on his own for the first time, making appearances in Iowa as President Barack Obama begins a three-day tour of the same key battleground state.

Paul Ryan and Obama are vying for headlines and attention in Iowa, where Obama decisively won his first primary victory in January 2008 on his way to snagging the Democratic nomination. Romney and Obama are neck and neck in the polls in the Hawkeye State.

But polls also suggest Romney's choice of Ryan — a Wisconsin congressman and the Republican party's fiscal-restraint czar — hasn't wowed the American public.

Ryan was described as only a "fair" or "poor" choice by 42 per cent of respondents to a USA Today/Gallup survey released Monday, while 39 per cent said they view him as an "excellent" or "pretty good" vice-presidential choice.

Romney pollster Neil Newhouse said in a statement that the findings simply reflect the fact that Ryan, the chairman of the House of Representatives budget committee, isn't yet a household name in the United States.

However, previous USA Today/Gallup surveys taken immediately after a vice-presidential pick have yielded more favourable ratings for running mates.

By the numbers

Selected results of the USA Today/Gallup poll:

- 17 per cent said the choice of Ryan would make them more likely to vote Reublican, 13 per cent said less likely
- 53 per cent said they did not know who Ryan was or know him well enough to make a decision
- 68 per cent said the choice of running mate has little or no effect on their final decision

U.S. President Barack Obama speaks during a campaign event Monday in Council Bluffs, Iowa, during a three-day tour of the state. A win in Iowa is considered crucial for both parties. CAROLYN KASTER/THE ASSOCIATED PRESS

Only Dan Quayle, George H.W. Bush's No. 2 in 1988, had lower ratings.

Democrats have reacted with glee to Romney's choice, swiftly pouncing to portray Ryan as an extremist for his proposals to overhaul Medicare, a beloved government program that guarantees access to health insurance for Americans over 65.

Conservatives, on the other hand, have lauded Romney for making a bold choice by tapping an innovative thinker who has long insisted the party needs to present big, transformative ideas to the American people. THE ASSOCIATED PRESS

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Alien introduction.

Obama to NASA: Show me any Martians first

Hailing NASA's "mind-boggling" Mars landing of the Curiosity rover, U.S. President Barack Obama urged the scientists operating the craft on Monday to phone home immediately if they find any evidence of extraterrestrials.

"If in fact you do make contact with Martians, please let me know right away," Obama told controllers at the Jet Propulsion Laboratory in California. "I've got a lot of other things on my plate, but I suspect that that will go to the top of the list. Even if they're just microbes, it will be pretty exciting." THE ASSOCIATED PRESS

Hazing suicide

Second soldier pleads guilty

A second U.S. soldier accused of driving an Asian-American private to suicide last fall has pleaded guilty to reduced charges in a court-martial.

Spc. Ryan J. Offutt pleaded guilty to one count of hazing and two specifications of maltreatment in the death of 19-year-old Danny Chen of New York City. Authorities say Chen shot himself last year in Afghanistan after being hazed over his ethnicity.

Sentencing was scheduled for later Monday.

Last month, Sgt. Adam Holcomb was convicted of mistreating Chen. THE ASSOCIATED PRESS

Obesity rates

The South rises again, in weight

A new government survey shows 12 U.S. states now have very high obesity rates.

Overall, more than a third of adults are obese but rates vary by state.

At least 30 per cent of adults are obese in Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas and West Virginia.

Colorado was lowest, at just under 21 per cent, and Mississippi was highest at nearly 36 per cent.

The Centers for Disease Control and Prevention released the figures Monday. THE ASSOCIATED PRESS

Workmen take down an Olympic flag near Buckingham Palace in London on Monday following the closing ceremony of the 2012 Summer Games. ALASTAIR GRANT/THE ASSOCIATED PRESS

Tourism down during Olympics: Trade group

Disappointing numbers. 88 per cent of British tourism-oriented businesses reported losses versus last year

The Olympics brought less tourist money to recession-hit Britain than officials expected, a trade group said Monday, with a majority of tourist businesses reporting losses from last year.

A survey of more than 250 tour operators, hoteliers and visitor attractions found that tourist traffic fell all over Britain, not just London, said UKinbound, a leading trade association representing British tour operators, shops and hotels. The survey said 88 per cent of British tourism-oriented businesses reported some losses during the Games compared to the same period last year.

"As an industry we knew the Games would have a negative impact on international visitor numbers to London but the impact on the rest of the U.K., combined with domestic visitors staying away, has been deeply disappointing," said Rita Beckwith, chief executive of London's City Cruises, a member of UKinbound.

Officials are still tallying up the total number of tourists who came to — or avoided — London this summer. The capital normally sees about 1.5 million tourists on average in August.

Tourism officials say that international Olympics visitors to London, including athletes, officials and tourists, totalled about 300,000. Domestic spectators from Britain made up the majority of people visiting Games venues. THE ASSOCIATED PRESS

Tame tourists

"The people who came to the Games really didn't do very much sightseeing, didn't do very much shopping, didn't do very much eating out."

Miles Quest, a spokesman for the British Hospitality Association

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Dow Jones: 13,169.43 (-38.52)

Travel. Google gobbles up Frommer's guide books

Google is buying the Frommer's brand of travel guides.

Google Inc., which bought the Zagat restaurant review service in September, plans to use Frommer's guides to hotels and destinations around the world to complement the Zagat listings.

Google is buying Frommer's from publisher John Wiley & Sons Inc. in a deal that includes Wiley's other travel-related businesses. Financial terms were not disclosed in Monday's announcement. THE ASSOCIATED PRESS

Past, present and ...

Frommer's got its start in 1957 with the publication of Arthur Frommer's Europe on $5 a Day.

- Frommer's now publishes more than 300 guidebooks and runs the Frommers.com website.

WHEN YOU BECOME YOUR PARTNER'S PARENT

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every time I embark on a couple's getaway with my significant other, I am expected to be the keeper of our passports and all other important documents. I don't know why this happens, but I do know that it's the cause of many departure-lounge arguments.

"It's easier because you have a purse," my boyfriend tells me. It's easier for him, is what he really means.

Part of me wants to insist he be more self-reliant and discourage his child-like dependence on me. The other part of me doesn't really care that much about something so trivial. I always wind up carrying everything in the end because, well, it *is* easier and I am also legitimately afraid that he would lose his passport.

It's a small thing to argue over, but it's indicative of a much bigger problem. In relationships, and I know I'm not alone in this, women often find themselves in an awkward position of feeling a bit more like a mother than a lover.

Working in tandem

"A healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

Sara Dimerman and J.M. Kearns, authors of How Can I Be Your Lover When I'm Too Busy Being Your Mother?

Sure, the desire to nurture and protect is instinctual and, to a certain degree, unavoidable. But it can be hard to know when to draw the line between being supportive and turning into a Pseudo-Mom.

In their new book How Can I Be Your Lover When I'm Too Busy Being Your Mother? therapist Sara Dimerman and bestselling author J.M. Kearns tackle the issues that arise when a loving partnership turns into a parent-child relationship.

According to the authors, "a healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

When it comes to my own relationship, I have to wonder if I'm enabling my boyfriend's Peter Pan syndrome every time I tidy up after him or do his laundry or remind him about his upcoming doctor's appointment. I'm trying to be a caring and loving partner, but sometimes I catch myself nagging and shudder at the mom-isms that come out of my mouth.

Dimerman and Kearns suggest that sometimes "a man who actually wants to do more around the house is 'fended off' by his wife when she does things like criticizing his work, redoing his tasks and setting too-high standards."

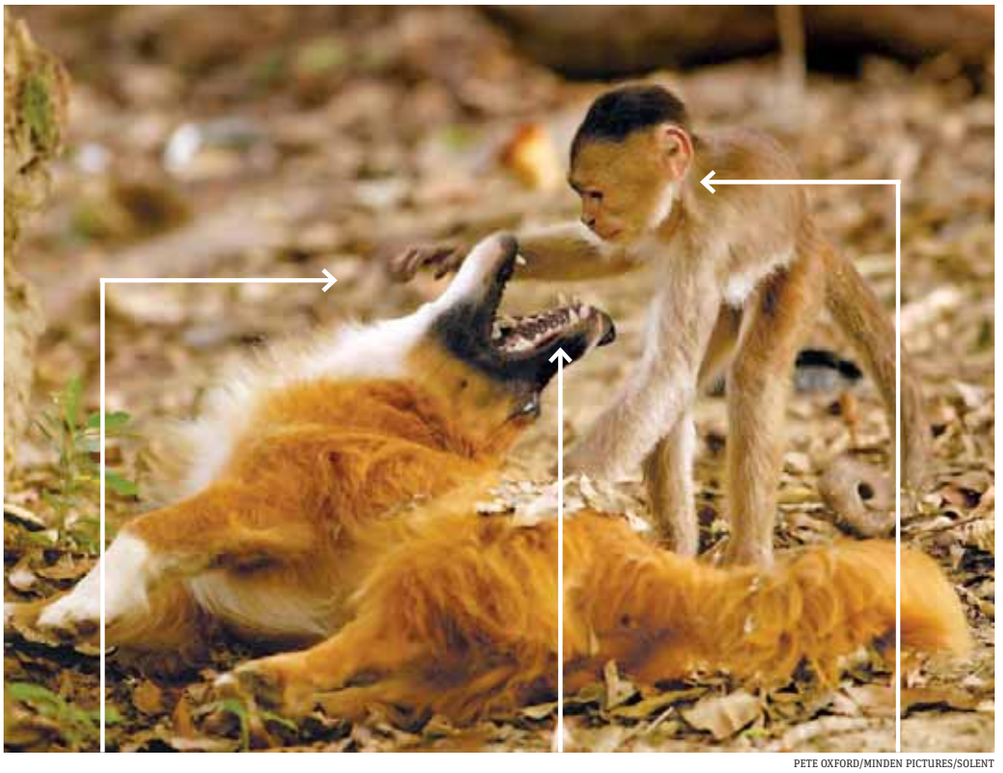
No matter who's at fault, spouses need to be equals. So when you're doing more than your fair share when it comes to domestic tasks and other responsibilities, you run the risk of losing respect for one another and jeopardizing your relationship.

Follow Jessica Napier on Twitter @MetroSheSays

I wanna hold your hand — but I don't wanna be your momma.

DAN KITWOOD/GETTY IMAGES FILE

My, what sharp teeth you have



PETE OXFORD/MINDEN PICTURES/SOLENT

Wildlife greeting

Tooth exam is monkey business

This cheeky monkey seems to play dentist as he peers down into the jaws of a dog who looks more than happy to be the patient. Photographer Pete Oxford captured the amusing scene at the coastal resort of Ecuador's Puerto Misahualli, which is renowned for its large population of the diminutive capuchins.

MWN

Photographer's view

"Showing off your teeth in such a manner is the best way of displaying mutual trust."

Pete Oxford, a wildlife photographer based in Ecuador. The British-born Oxford explained to Metro the playful behaviour of "showing off your best weaponry" — i.e., sharp teeth —signals mutual trust between the two creatures.

Oxford on encounter

- **Primate primp.** "The monkey appeared to be grooming the dog; both were comfortable with each other and seemed to enjoy the interaction."
- **Not wild at heart.** "People have difficulty believing that these are indeed free, roaming wild monkeys."
- **Chums.** "These two seemed to be best of friends, allowing lots of liberties between them."

Metropolitan Panel

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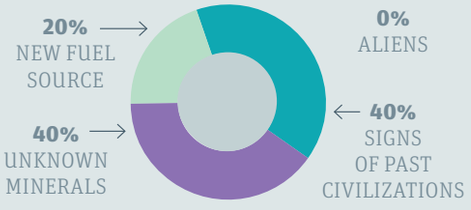
What are you most hoping the Curiosity rover finds on Mars?



Twitter

@Southsiders
Huge crowd here for the arrival of some #CanWNT! Every arrival in a Canada shirt getting a big cheer.

@CBlack86
Still gets choked up seeing Christine @sincy12 Sinclair carrying the Canadian flag, as well as her fantastic highlight reel goals! #proud

@Tiquetonne
Wow, watching the reception for Cdn. athletes at Vancouver Airport, yippee!

@kaziamullin
Find myself in YVR about 30 minutes ahead of a group of Olympic athletes arriving. Happy I have a long layover now.

@thatucanprint
welcome home Christine Sinclair! you made the Olympics for me

@shomgotoshi
Total class by #CanWNT to stay after their flight to take photos and sign autographs. #love

metro

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DVD reviews

The Raid: Redemption

Director. Gareth Evans

Stars. Iko Uwais, Ananda George, Ray Sahetapy

●●●●○

Here's the action arithmetic of The Raid: Redemption: one ruthless crime lord, 20 elite cops, 30 floors of hell. Combining a strong protagonist and story with traditional Indonesian martial arts (silat) moves, Welsh writer/director Gareth Evans creates an exhilarating experience that rightly won the Midnight Madness award at TIFF 2011. But this is brutal stuff, with a body count that is high even by genre standards. Iko Uwais is Rama, a rookie in a 20-member SWAT team charged with cleaning a highrise of Jakarta drug lord Tama (Ray Sahetapy) and his legion of thugs. The baddies have been flouting the law to an extent that requires a response — even in a city where cops habitually look the other way for fear and profit. Closed-circuit cameras, a weapons arsenal and a psychopathic enforcer called Mad Dog (Yayan Ruhian) are just some of the tools Tama has at his ruthless disposal.

PETER HOWELL

The Odd Life of Timothy Green opens on Wednesday. HANDOUT

Great things sprout from mere dreams

Growing whimsy. The Odd Life of Timothy Green's director struggled to balance reality and fantasy in film

RICHARD CROUSE
scene@metronews.ca

The Odd Life of Timothy Green comes by its mix of whimsy and realism honestly.

It was born from a dream. Sort of.

"I'd been dreaming that I was directing something and it was going well," says director Peter Hedges. "I had sat up in bed and told my wife I wanted to make one of those movies like A Field of Dreams or It's a Wonderful Life. She said, 'Great, go back to bed.' But I couldn't. 'What's the matter?' she said. 'I don't really come up with those kinds of ideas.'

That could have been the end of it, but as luck would have it he met with Ahmet Zappa, who had a loose idea about a childless couple who bury slips of paper with all the qualities they would like their child to have in the garden. After a heavy rain a young boy with five leaves on each ankle emerges.

Suddenly his whimsical dream was looking much more like reality.

"There was just a myriad of possibilities," the director continues.

"I started telling stories from my own experience as a parent, as a child, as an adult. All that I'd learned in the 15 years I'd been a dad. The meeting got very emotional. I didn't really want to write off of anyone else's notion but this was too delicious. It felt like if I took on its magic and married it with my experience and my deep need to explore, in a new way, the issues of family and love and how we treat each other and how we navigate this broken world… if I could put all that together, maybe I could come close to making the kind of film that I was dreaming about."

Finding a balance between realism and fantasy, however, was harder than he imagined. A table read of his initial script revealed some problems.

"About halfway through the reading fell apart," he says.

"Suddenly I found myself falling asleep and the room got very grim. What I realized was that while the ultimate journey was right, the middle of the movie was in deep trouble. I had more whimsy and less meaning."

A rewrite led to finding the right balance.

"With a film like this you take a bit of a leap," he says. "I think that is the enchanting part of cinema. "That's why we go to the movies."

2SCENE

On the web

Changes set for NBC's The Voice this season, including new 'knockout' punch and 'steal'

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Vanessa Paradis ALL PHOTOS GETTY IMAGES

Too personal, too public: Paradis struggles with prying questions

While Vanessa Paradis is out promoting her new movie, Cornouaille, she can't seem to dodge questions about her recent split from longtime partner Johnny Depp. "I don't want to talk about him. Who said that artists should sell their soul, expose everything about themselves?" Paradis asks in an interview with French Elle. "It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain." She does offer some insight, though, into what makes relationships work — and not work: "I hate, for example, whenever you hear someone say, 'You have to work at being a couple.' No, you have to want to be there," she says.

Tough stuff

"You can imagine what it feels like to see people making a business out of your pain." Vanessa Paradis

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

He put a ring on it: Aniston's on her way down the aisle

THE WORD
scene@metronews.ca

After more than a year of dating, Jennifer Aniston and Justin Theroux are engaged to be married, Theroux's rep confirms to People magazine.

"Justin Theroux had an amazing birthday on Friday, receiving an extraordinary gift when his girlfriend, Jennifer Aniston, accepted his proposal of marriage," his rep says.

Theroux, 41, and Aniston, 43, have known each other for years, but started dating more than a year ago after working on the comedy Wanderlust. Though that film disappeared quickly from movie theatres after its release earlier this year, the relationship clearly proved to have more staying power.

The two moved in together and tabloids soon began predicting everything from marriage to babies for the new couple. This will be Theroux's first marriage. It's not clear if a wedding date for the couple had been set. Aniston's engagement comes four months after Pitt and Jolie announced their engagement.

WITH FILES FROM THE ASSOCIATED PRESS

Perry wants ex to zip it about past, sources say

After one too many interviews in which Russell Brand ran his mouth about their failed 14-month marriage, Katy Perry has reportedly called in the lawyers to gag the British comedian, according to the Daily Star.

"Katy is fed up with Russell constantly making reference to their marriage in interviews," a source tells the newspaper. "While it's mainly harmless and often even complimentary, she's sick to death of his comments being splashed all over the news and magazines." So the Fireworks singer is taking matters into her own hands, according to the source: "She called lawyers and told them to put a gagging order on Russ to prevent him from speaking (about) her in public again. Katy vowed never to reveal the ins and outs of their marriage breakdown or speak about Russell in any way."

Twitter

@pattonoswalt
Jesus CHRIST. Just walked for 20 minutes at 10:30 pm in Miami and now I never want to stop showering. #muggy

@EllenBarkin
There is a satellite dish outside my window that I'm really growing attached to. I don't think it's mine. I'll find comfort elsewhere

@SethMacFarlane
In the ninth ring of Hell, you have to watch other people eat cereal for all eternity.

@SirPatStew
My brain hurts.

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Best Health

Hop on the benefits of cycling

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

If your bike is sitting in your garage collecting dust, it might be time for a gentle refresher on why two-wheeling for fitness is so great for you. In the current issue of Best Health magazine, Matthew Kadey explores some major life benefits of cycling.

1. You'll be trim
Cycling is a great calorie burner: A 130 pound woman cycling at a moderate pace for 30 minutes will torch around 240 calories. And according to a study in the American Journal of Public Health, adults involved in active travel are less likely to be overweight.

2. It's cheap and eco-friendly
Save on gas while saving the environment. Map out a two-kilometre radius from your home in which you can do bike errands. Start by wheeling to your pharmacy or grocery store once a week, and then expand your radius for an extra challenge.

3. You'll tame stress
A 2011 Swedish study found that people who drive to work are more stressed and are in worse health than those who bike to work. Join a cycle club if you need the extra motivation to get your endorphins pumping.

For more news on how to stay properly hydrated and get the right nutrients to keep you going strong in the saddle, check out Best Health, on newsstands now.
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A recent study shows that mold can cause asthma in babies. ISTOCK PHOTOS

Babies exposed to mold more susceptible to asthma

Factors. Study shows that risk of developing breathing problems is higher for babies that come into contact with certain harmful fungi

CELIA MILNE
life@metronews.ca

Keep your baby safe from mold.

Researchers in Cincinnati recently completed a study in which they looked for triggers of childhood asthma. They found that while air conditioning, dehumidifiers, carpeting, smoke and dogs did not increase asthma rates, mold did.

"The main new finding is that we were able to show an association between mold exposure in infants and the development of asthma in children," says lead author and professor Tiina Reponen from the University of Cincinnati.

Cats reduced the risk of asthma.

Asthma is a chronic inflammation of the airways. It affects about 12.5 per cent of Canadian children.

There were 289 babies in the study, all born healthy in Kentucky and Ohio. The scientists did home visits when infants were on average eight months old.

They assessed amounts of dust, mold (which is made up of fungi) and other allergens in the home. Then, the children received a clinical exam at age seven, and were tested for asthma.

Risk of asthma was 1.8 times greater in the children who were exposed to high amounts of mold.

"The main reasons for mold growth in buildings include wet basements, flooding, roof leaks, leaks from water pipes, and condensation of indoor moisture on cold surfaces," says Reponen.

Her advice?

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home. And even more critical if there is a parental history of asthma."

The study will be published in the Journal of Allergy and Clinical Immunology.

Quote

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home."
Prof. Tiina Reponen
University of Cincinnati

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On the Web

Kids pick nutritional Happy Meal when no toy offered with less healthy option: study

Upgrade your picnic with Black Olive Tahini Spread

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This spread is similar to a hummus dip, but it adds black olives. Tahini is sesame seed paste found in the ethnic section of your supermarket.

It is great for dipping veggies and crackers during those lazy summer picnics.

Ingredients

Start to finish: 5 minutes

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced black olives
- 2 tbsp chopped fresh basil or parsley

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.

2. Stir in the olives and garnish with basil or parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Best bets in booze

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's a party (or an afternoon on the porch for that matter) without a couple of drinks?

Hey, some studies even show that there are heart protective benefits!

As usual, though, there's a catch: Women should limit themselves to one drink per day, men can have 2. (Note: If, and only if, you can afford the calories without gaining weight.)

That means that you must pay attention to getting all of the nutrients and calories your body needs from food before adding the empty ones of booze.

So how many empty calories in your best bevvie? And how are you going to work it off?

For each drink of the following you have, you will need to walk very briskly (so you are out of breath the whole time) for:

- **1 light beer (12 oz) = 110 calories or 24 minutes**
- **1 vodka/soda (1.5 oz shot) = 125 calories or 28 minutes**
- **1 glass of wine (5 oz) = 125 calories or 28 minutes**
- **1 beer (12 oz) = 146 calories or 32 minutes**
- **1 bloody caesar (1.5 oz shot + 5 oz clamato) = 156 calories or 35 minutes**
- **1 vodka or gin/tonic (1.5 oz shot + 5 oz tonic) = 175 calories or 39 minutes**

Life is nothing more (or less) than a series of tradeoffs. You get to decide which more and what less every day. It's easy when you have all of the information.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Four ways to head off higher grocery costs

Alison's Money Rule.
Fight food inflation with leftovers, planning, coupons and bulk buying

YOUR MONEY
Alison Griffiths
money@metronews.ca

Bad news! You're about to about to spend up to $2,000 more between now and the end of 2013. Initial projections have food costs rising 5.5 to 7.5 per cent, thanks to the North American-wide drought.

According to the Alberta provincial Ministry of Agriculture and Rural Development, a family of four averages $800 monthly in basic grocery spending. The increase will add from $704 to $960 to the grocery budget over the next 16 months.

This amount doesn't include extras like condiments nor does it account for takeout or restaurant meals. Add those in and families will be paying at least $125 more monthly.

Don't despair. Here are 4 ways to laugh at food inflation.

1 Utilize leftovers
Let your fridge dictate what the meal will be. For instance, if you have half a pork roast and assorted veggies, stir fry the lot, cook up a pot of rice as a side dish and spice to taste. Nutritious, tasty and fast! Keep track with a leftover log on the side of the fridge.

2 Plan
Plan meals in advance to avoid last minute grabs or takeout, which are expensive and often unhealthy. A menu plan makes it easier to shop for an entire period and integrate leftovers into the menu.

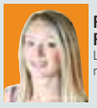
3 Clip
If you forget to clip or print coupons from the web, check customer service in the store. Clipping or surfing for coupons is also a great way to involve young kids in shopping. Canadianfreestuff.com does a lot of the work for you with lists of printable and mailed coupons.

Drought in North America is causing grocery costs to rise. ISTOCK IMAGES

4 Buy in bulk
Expect savings of 15 to 30 per cent on bulk shopping for items like chicken, hamburger and cheese. Then bulk up your cooking by intentionally creating leftovers for dinner and brown bag lunches. However, carefully check your prices, 14 per cent of bulk purchases surveyed by the U.S. Department of Agriculture (USDA) actually cost more. No room to store? Try splitting purchases with a friend.

Car-sharing programs

Living carless and carefree



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I've been living in the inner city for six weeks and have used my car a grand total of 11 times; three of which weren't entirely necessary — I was running late for meetings.

Prior to moving downtown from suburbia, I'd tossed around the expensive idea of replacing my seven-year-old Volkswagon with a one-year-old hybrid. But now that I can walk to work, appointments, the grocery store and friends houses, I'm considering the exact opposite — a vehicle-free lifestyle.

The economic case for going carless is strong — no more car payments, maintenance bills, insurance fees, traffic jams, depreciation and parking expenses.

From an environmental perspective, less fuel is burned, and fewer automotive parts are manufactured and ultimately scrapped.

But, what happens when the carless person needs a vehicle?

I had such an experience in July while I was enjoying a few days in Vancouver.

I'd flown into town and taken the Canada Line into Yale Town. On day two, when it was pouring rain outside, I needed a car to run errands. Car2Go was my solution.

Car2Go is a community car-sharing program located in major cities throughout Europe and North America. Car2Go's Smart Cars are parked throughout a city and can be rented for as little time as a few minutes, for approximately $0.35 per minute or $13 per hour, up to a few days, for approximately $65 per day.

Once a member, if you see a Car2Go on the street or locate one online, you can grab it. No reservation required. There is a small one-time sign-up fee and the per minute, hour or day utilization fee includes fuel, parking, mileage, insurance, maintenance, GPS, cleaning, 24/7 customer support and roadside assistance.

In my case, paying $0.35 per minute works out to nearly the same cost, if not less, as driving my personal vehicle when I take into account the total cost of car ownership.

ZipCar is another car-sharing service that allows you to borrow different models of vehicles for varying rates that are competitive with Car2Go.

So, if you need a truck to move furniture, ZipCar has larger vehicle models in its fleet. ZipCar's cars have to be returned to the same parking stall meanwhile Car2Go vehicles can be dropped off in most designated zones (as determined by Car2Go).

Modo is another option that allows a specific community of people to use one vehicle within a coop. Under this model you buy into a share of the vehicle for a one-time refundable fee; typically $500 per person plus pay a usage rate.

With car-sharing options now available in most major cities in Canada, going carless is easy. To see how you can save money, compare the programs in your community to the costs, and hassles, of owning your set of wheels.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

Advice

Pregnant smoker, so what do I do?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles,
Recently, I was on the subway in Toronto and I observed a pregnant woman smoking. Yes, smoking. I wanted to pull that cigarette out of her hand, but also didn't want to create a scene. What should I have done?
Brian

Dear Brian,
Wow! What seems like such a simple and obvious answer sure leaves us with some difficult questions.

First, I think it's common knowledge that smoking while pregnant is both dangerous to the unborn baby's health as much as it is to the mother.

Back to how to deal with the situation?
I would observe the mother; are you sure she is pregnant and not just overweight? If I felt it was safe to approach her and she was in fact pregnant, I might just quietly go up to the smoking mother and say something like, "I'm very sorry to bother you, I see you are pregnant, Congratulations. If I may just say, are you aware of the dangers of smoking while being pregnant?"

And then, based on her answer, I would either continue the conversation or, if she clearly does not want to discuss it with you I would wish her all the best, and walk away. The one thing I know I would not do is create a scene, which never solves the problem.

Now that you have read my thoughts, I really want to hear back from you. I ask my fellow Canadians, what would you do and or say in this situation? I will publish some to the best answers and approaches in a future column.

Lets hope we never experience this.

There are real reasons why most couples are close in age

More in common.
Being of the same generation often means more shared experiences, goals and expectations

SARA DIMERMAN
life@metronews.ca

There's no exact science as to the number of years required between partners to ensure the success of a relationship. However, it appears that most prefer a two to five-year gap, with the man (in a heterosexual relationship) being older. If a woman dates a much younger man, she's often referred to as a cougar. Some might even say that her guy has a mommy complex.

So, why do the majority stay within the three-years-apart zone? Well, it stands to reason that if you're born only a few years apart, that you might have more in common. You'd both recognize the same pop icons, remember the theme songs to the same movies, be able to play "geography" if you both grew up in the same neighbourhood and hung out with the same people.

Age gaps in relationships can cause unforeseen problems. ISTOCK

Being only a few years apart also means that if you plan on having children together, that you are more likely to share the same or similar level of energy. Let's face it, if your spouse is 12 years older than you, he may not be as playful or as energetic as you — and that applies to times when you're with the kids or frolicking without them.

And what about a shared lifestyle? If you marry a man 10 years your senior just because you want someone whose more grounded, established and financially successful, you may bore of his work hours when you're still wanting to travel the world barefoot and fancy-free.

And what about building a life together? There's something to be said for growing together, setting mutual goals and reaching for them as a couple. There is something to be said for standing at the start line together as opposed to joining him half way through to the finish line.

A girl of 17, for example, who decides to settle down with a 25-year-old man may not know it at the time, but by the time she's 25 and he's 33, she's likely matured, grown, even changed significantly more than her mate — potentially creating a disconnection between them.

It's obvious that my experience as a couples' therapist hasn't led me to be convinced that a significant age gap between partners is a step in the right direction. This is not to say that it can't work, just that it may not be the best predictor of success or compatibility.

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LEARNING CURVE
Tuesday, August 14, 2012

ISTOCKPHOTO/THINKSTOCK

Langara introduces new program

One of its kind in Western Canada. Pursue an associate science degree in bioinformatics

DANIEL HENDRIKSEN
For Metro

A brand new program will be offered at Langara College this fall. As of September, students at Langara will be able to pursue an associate of science degree in bioinformatics.

The program, which entails the application of computer science and information technology principles to biology and medicine, will be the only one of its kind in Western Canada. Graduates of the two-year curriculum will be set to transfer into third-year science programs at universities across the province.

In addition to the associate degree, Langara will be offering a two-year diploma in bioinformatics. Between the two programs, Langara is ahead of the curve in preparing their students for carriers in the booming field.

"The development of technology is consistently changing, and the way we approach traditional subjects must adapt to meet modern challenges," Margaret Heldman, dean of Langara's faculty of science, said in a press release.

"Bioinformatics is emerging as an important field of study, and we are incredibly excited to be launching this program at Langara."

With B.C.'s Lower Mainland considered a hub in the industry, graduates won't have to look very far for employment.

For more information, visit the website at langara.bc.ca/bioinformatics.

Surrey students off to NASA with SFU undergrad

The end of July was exciting for 10 Surrey high school students. Along with Simon Fraser University (SFU) undergrad Bhupinder (Sumit) Rathore, the students travelled to the International Space Settlement Competition (ISSDC).

The 18th annual competition took place from July 27-31 at the Lyndon B. Johnston Space Centre in Houston, Texas. This event challenges high school students to play the role of aerospace industry engineers and design a city in space that will be a home for more than 10,000 people.

The students from Princess Margaret Secondary school were the only Canadian team participating in the invite-only final.

For Rathore, a third-year engineering student, it was his second time taking a team to the event.

The team spent nine hours per week together from December to just before it left for Houston in order to prepare for ISSDC. In March, the team was required to submit a 40-page proposal detailing its ideas on how to design and build a space colony for 14,200 people.

For more information on the competition, visit the website at spaceset.org.

Kwantlen students take home scholarships

Studying abroad is a dream for many students, and that dream will now become a reality for five Kwantlen Polytechnic University students.

Hayley Woodin, Judi Babcock, Qiu Yan Mo, Samantha Lego, and Shelayne Mulholland are among 22 recipients of Premier's Scholarships worth $6,000 each to be used towards a semester abroad.

All five students will be using the spring 2013 semester to redeem their bursaries. They will be travelling to Australia, the United Kingdom, and Finland to study in the fields of journalism, interior design and fashion design.

The scholarships come courtesy of the Irving K. Barber B.C. Scholarship Society, and this is the second straight year they have been awarded to students attending Kwantlen. According to Babcock, she is more than grateful for the chance to see a different part of the world while pursuing her education.

"It is a privilege to represent Kwantlen at Australia's Royal Melbourne Institute of Technology, and I look forward to learning from and sharing my personal experiences with like-minded individuals from all over the world," Babcock said in a press release.

Since its inception in 2008, the Irving K. Barber B.C. Scholarship Society has awarded more than $1.1 million in international scholarships. DANIEL HENDRIKSEN

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Partnership. SFU dual degree program a hit

DANIEL HENDRIKSEN
For Metro

Simon Fraser University (SFU) is receiving high praise for its school of computing science's dual degree program. The initiative is in partnership with Zhejiang University (ZJU) in Hangzhou, China, and earlier this summer it was honoured with a prestigious award.

The B.C. Council for International Education (BCCIE) presented SFU's school of computing science with an outstanding program in international education declaration, recognizing high quality and creative programming in international education.

Martin Ester, director of the school of computing science, talked about winning the award and the program itself in a media release.

"When we launched this program in 2005, it was one of Canada's first dual degree programs offered for undergraduate students studying computing science," Ester said.

"We found a strong collaborator with Zhejiang University, one of China's top three universities, and we've seen this program flourish to provide a two-way exchange of top students and researchers between B.C. and China."

The undergraduate dual degree program allows students from SFU and ZJU to work together, completing two years at SFU and two years in China.

Douglas to open sales institute

Douglas College will be making a significant addition to its marketing department this fall. The school will be opening a sales institute designed to be a worldwide leader in sales information, research, training and education.

The new establishment, which opens in September, will be called the Peter Legge International Institute for Sales Excellence (PLIISE). The name is in honour of Peter Legge, CEO of Canada Wide Media and member of the international Sales Hall of Fame.

According to Gail Tibbo, chair of the marketing department at Douglas, the goal for the PLIISE is to become the leading destination for professional sales knowledge and training. "Sales is a critical driver of the Canadian economy, but it's often overlooked in terms of advanced training and education," Tibbo said in a media release. "Many companies face problems of quality and consistency in their sales forces that result in poor performance and employee turnover. The sales institute will help fill that education gap by providing hands-on training and leadership."

For more information, see douglas.bc.ca.

British Columbia Institute of Technology ironworker grad Dillon Foerster. SCOTT MCALPINE/BCIT

BCIT grad sets sights high

Things can't get much better for Dillon Foerster right now. Since graduating from the ironworker program at the British Columbia Institute of Technology (BCIT) last February, Foerster's career has taken off.

Even though he is a recent grad, Foerster is already a foreman through Ironworkers Union Local 97 on the construction of the new Port Mann Bridge. His passion for his work and his love affair with heights have afforded him with rapid progression throughout his young career.

In addition to his day job, Foerster has been rather successful in an ironworking competition. He placed first in the initial round, which was held at BCIT during its April open house. He will now head to Indianapolis for the International Ironworker Apprentice Competition next month.

The competition consists of eight different challenges including a column climb, a written exam, and tests in various skill groups such as welding and rod tying. Of 30,000 ironworker apprentices that entered, just the top 75 will compete in Indianapolis.

Despite his success so far in his career, Foerster remains quite humble.

"It's great to have the recognition, but more than that I have a job I love with lots of variety and great future prospects," he said.

DANIEL HENDRIKSEN

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VCC upgrading its esthetics program

DANIEL HENDRIKSEN
For Metro

Vancouver Community College (VCC) will be upgrading its esthetics program for the coming fall semester. It is now called the skin and body therapy certificate, and provides students with the essential knowledge and hands-on training required to develop a successful career in the esthetics industry.

In order to learn in the most practical environment, VCC students will learn their craft in a fully equipped spa as well as hone their skills on members of the public. In addition to the hands-on training, students will learn theoretical content through lectures, demonstrations and teaching aids.

The nine-month, full-time certificate has start dates of both September and January. Some of the highlights include guest speaking sessions from product experts and spa owners, field trips to trade shows, supply houses and skills competitions, as well as case studies on industry trends and skin analysis.

VCC will be holding an information session for those interested in the skin and body certificate on Aug. 22, from 4:30-5:30 p.m. in Room 201 of the downtown campus.

BCIT elects new chair of board of governors

There is a new chair of the board of governors at the British Columbia Institute of Technology (BCIT). Tony Gugliotta has been elected to the chair position after serving on the board since 2007 — most recently as first vice-chair since 2010.

Gugliotta is the senior vice-president of marketing and business development of the Vancouver Airport Authority (VAA). He began his career with the Vancouver International Airport in 1985, before joining the VAA in 1992. Gugliotta has held several positions with the VAA, including senior vice-president of finance and CFO prior to taking on his current role in 2007.

"Tony has been a great supporter of BCIT and we are pleased to welcome him to his new role as chair as we head into an exciting period. His knowledge, skill and determination will be greatly valued on our board," BCIT president Don Wright said in a press release.

In addition to his position with the board of governors, Gugliotta serves as chair of the BCIT Tributes Committee, a position he has held since 2010. He is also involved with the Canadian Chamber of Commerce Transportation Committee and is a member of the board of YVR for Kids.

Kwantlen. Funding helps program

Starting in September, Kwantlen Polytechnic University will be implementing an Aboriginal focused adult basic education program.

The initiative has been made possible thanks to a $120,000 endowment from the Vancouver Foundation.

The program was developed through a partnership between Kwantlen the Phoenix Drug and Alcohol Recovery and Education Society. Classes will take place at the Phoenix Kwantlen Learning Centre (PKLC) in Surrey. According to recent statistics, Surrey boasts the largest First Nations population of British Columbia cities.

The PKLC will use the funding to create an educational program that aims at advancing the literacy and numeracy skills of Aboriginals through aboriginal content, concepts, history, spirituality and elders' teachings.

The initiative is being led by Dr. Christine Crowe, dean of the faculty of academic and career advancement at Kwantlen.

"There is a clear need for Aboriginal adult basic education programs for those who need to improve their basic academic skills in order to pursue new career and employment paths," Crowe said in a media release. "Our community partners have been asking us to develop an evening program like this since 2006, and now with the investment from Vancouver Foundation we are finally able to do so." DANIEL HENDRIKSEN

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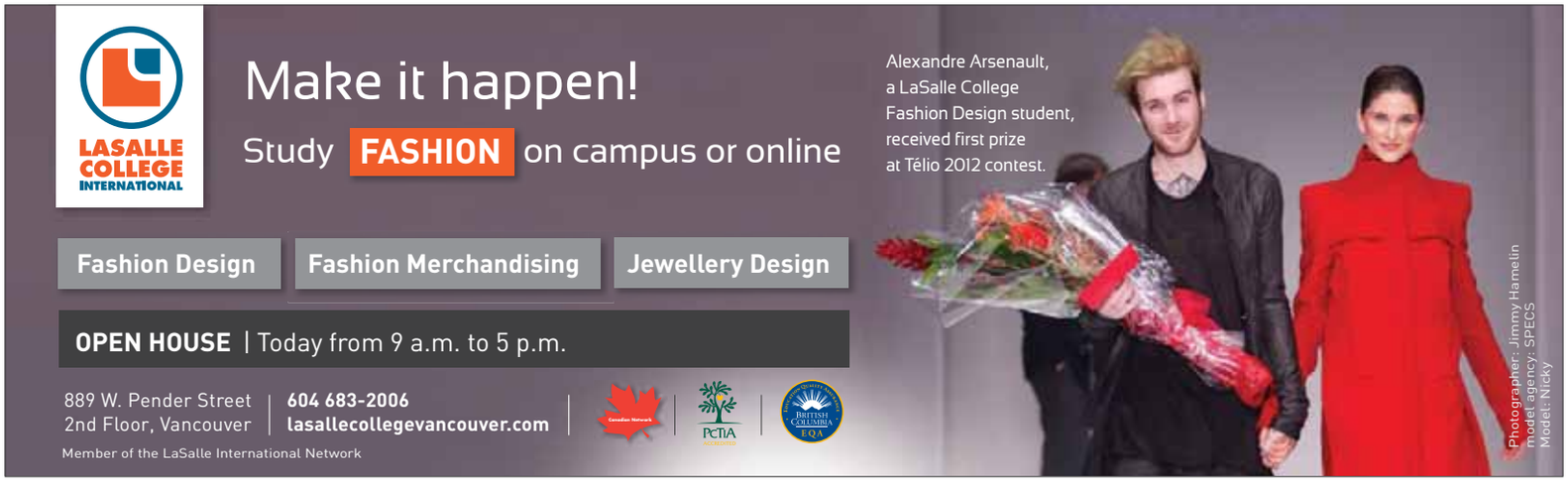
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Alexandre Arsenault, a LaSalle College Fashion Design student, received first prize at Télio 2012 contest.
Photographer: Jimmy Hamelin
model agency: SPECS
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UFV students travel to Ecuador for field trip

Most students generally enjoy getting out of the classroom to go on a field trip, and a group studying biology at the University of the Fraser Valley (UFV) is no different.

However, the 17 UFV students aren't visiting the local petting zoo. Along with eight faculty members, the group travelled to South America last week to collect information and analyze data in the jungles of Ecuador.

The two-week trip is giving the group an opportunity to explore two completely different ecosystems — the first week was to be spent in the Cloud Forest, while the second will be in the Amazon Basin Rain Forest.

Earlier this summer, the students broke into five groups, and each one will be researching different subjects that range from hummingbirds to ants. Before leaving for Ecuador, fourth-year biology student Mathew Knott spoke in a press release about his excitement for the trip ahead.

"I've always enjoyed the creepy crawlies," Knott said. "This is a great opportunity to travel and do our own research project. I'm looking forward to getting some calculable results from the research."

Website highlights Olympians from UBC

The University of British Columbia (UBC) launched a new website prior to the London 2012 Summer Olympic and Paralympic Games. The site is designed to assist media covering athletes associated with the post-secondary institution who are competing in games.

As many as 17 students and alumni from UBC participated in the Olympics this summer, and the newly created website gives its users all the information they need to keep track of those athletes.

Some of the highlights of the site include video and web profiles of UBC athletes, downloadable multimedia, athletes' competition schedules and Twitter accounts, and the UBC 2012 Twitter feed.

While the Olympic Games wrapped up a few days ago, the Paralympics get underway Aug. 29.

The website can be found at ubc.ca/2012games. For information through Twitter, follow any or all of the following: @ubcnews; @ubcaplaceofmind; @ubctbirds.

DANIEL HENDRIKSEN

Ahead of the curve

Organization. Use the last weeks of summer to prepare for the upcoming school year

JON TATTRIE
For Metro

ISTOCKPHOTO/THINKSTOCK

The dog days of summer may not inspire thoughts of returning to university or college, but a lack of preparation now might come back to bite you.

Deborah Rowan-Legg, vice-president of student services at Algonquin College, says getting a head start in the last weeks of summer can help students thrive when the year begins.

"The more a student can anticipate and be organized as the term begins, the less likely they are to fall behind or have any anxiety," she says.

She suggests logging into your student account to look at your upcoming timetable. It's usually released a month before classes start and tells you where and when the classes are and what books you will need. Start reading — it will make learning easier once classes begin.

If you are worried about a particular course, contact student services about your concerns and book a peer tutor ahead of time.

If you will have a job this term, you can gauge your scholastic workload now and figure out how much time that leaves for work. If you are going back to a job, touch base with your supervisor today to have the best chance at getting shifts that work around your classes.

"If the student has applied for financial assistance, ensure their application is complete and they're receiving the assistance for which they qualify, so there won't be any delay," Rowan-Legg adds. "It's a precautionary step."

Lorna Millard, an academic adviser at Vancouver Island University, says a major mental shift for students straight out of high school is that they are now treated as adults, not children or young adults.

"It's a big transition," she says.

"The onus is on the student. The institution will provide all kinds of support, but we don't ram it down their throats."

She advises you to double-check that you are registered for all of your courses, that there haven't been changes that create a conflict, that you meet the prerequisites, and that the school has your transcripts. Failing to do so could see you deregistered.

Millard notes many post-secondary institutions communicate via paper mail. If you have moved, let them know. If you use your parents' address, ensure your parents tell you about any letters. And read the whole thing, Millard says. Crucial information may be tucked away on page 2.

She says time spent preparing over the summer will be time saved in the fall.

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Award for Kwantlen student

DANIEL HENDRIKSEN
For Metro

Elisa Medina. CONTRIBUTED

A bachelor of design, fashion and technology student from Kwantlen Polytechnic University is riding high these days. Elisa Medina, a third-year student, has been named one of three winners of the 2012 Art Deco Chic Fashion Challenge (ADCFC).

Put on by the Museum of Vancouver (MOV), the competition challenges former and current fashion design students to submit their garments from the Art Deco era for a shot at winning $200 to put towards the creation of new designs.

Medina and the other winners will now have their work displayed at the MOV from Sept. 1-23.

"After looking at the panel of judges that chose the top entries, winning this competition is an honour," Medina said in a media release. "It's also great reassurance that I can utilize the skills I've learned at Kwantlen to work independently and professionally to accomplish a design that I am proud of."

According to Medina, she has always been interested in fashion and she really developed a passion for the industry after moving to Canada from her native Ecuador in 2008.

For more on the ADCFC, visit museumofvancouver.ca/exhibitions/upcoming/art-deco-design-challenge.

JIBC doing its best to keep the roads safe

With the amount of distracted drivers seemingly ever increasing on the Lower Mainland's roads, the Justice Institute of British Columbia (JIBC) is doing its part to curb the trend and keep our roads safe.

The JIBC recently announced the hiring of Allan Lamb as associate director of the Pacific Traffic Education Centre (PTEC). Lamb will also lead the institution's recently launched Traffic Safety & Injury Prevention Centre.

The incoming associate director's resumé boasts more than 36 years of road and traffic safety experience, including stints as a police officer as well as numerous senior positions with both BCAA Road Safety Foundation and the Insurance Corporation of B.C.

"Road safety education is one of my great passions," Lamb said in a press release. "My new position at JIBC will allow me to have a direct, hands-on role in the delivery of driver education, through the variety of programs of programs offered to the public, first responders and driving professionals here in British Columbia."

Some of the most common driving issues in which Lamb has expertise are impaired driving, distracted driving, and aging drivers.

Simon Fraser becomes full member of NCAA

It has been a long time coming, but Simon Fraser University (SFU) is now the first institution outside of the United States to become a full member of the National Collegiate Athletic Association (NCAA).

The announcement means the school's varsity sports teams will now be able to compete with their counterparts south of the border for regional and national championships.

SFU has been eligible to compete in NCAA regular-season competition for the past two seasons, however, it was unable to participate in the post-season due to the fact that the association requires its members to be certified by a U.S. accreditation agency.

Being a member of the NCAA also gives SFU voting rights at the association's convention. Milton Richards, SFU's senior director of athletics and recreation, spoke about the news in a media release.

"This is a special day for not only our student athletes and staff but for the entire university," he said.

SFU's NCAA Division II membership officially takes effect Sept. 1.

DANIEL HENDRIKSEN

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British Columbia Institute of Technology students Nicole Howell and Sakshi Misra. SCOTT MCALPINE/BCIT

Not playing around

Challenge. BCIT students taking part in design competition

DANIEL HENDRIKSEN
For Metro

A group of four British Columbia Institute of Technology (BCIT) architectural science students is putting its skills to the test by taking part in a design competition against some more experienced contestants.

Nikolas Dittman, Nicole Howell, Sakshi Misra and Andy Sidhu have entered the Canfor Playhouse Challenge. The competition challenges contestants to design a children's playhouse that is inspired by the history of Canfor.

The BCIT playhouse is modelled on Canfor's Mosquito Bomber, an airplane that was used as a plywood supplier in the 1930s and '40s.

"The concept started off with the initial design on how to integrate the wood from Canfor into a playhouse," said Dittman. "Talking to Canfor over a number of meetings, ideas started to evolve. One of the ideas Canfor wanted to incorporate was their 75th anniversary. They wanted to put a plane into the design because Canfor originally made the skins for Mosquito Bombers."

The design is being put together by staff and students from the Joinery and Construction departments at BCIT.

The finished project will be unveiled Aug. 18 at the PNE.

The BCIT Canfor Playhouse Challenge design. CONTRIBUTED

Langara appoints new admin and finance VP

Langara College has a new vice-president of administration and finance, and chief financial officer. The post-secondary institution announced the appointment of Roy Daykin to the position earlier this summer.

Daykin takes over the role after serving as associate vice-president, administration and finance since starting at Langara in 2010. He will now be in charge of providing institutional leadership for a portfolio that includes finance, facilities, and technology.

"Over the past two years, Roy has played an increasingly important role in the operations of the college. He is a steady but driving force in Langara's efforts to meet its strategic vision," Langara president Dr. David Ross said in a media statement. "It's a pleasure to recognize the leadership that Roy has provided and I look forward to the contributions Roy will continue to make in his new role."

Daykin takes over the VP/CFO position with a wealth of experience, having worked in post-secondary education for more than 27 years. In the past, he has been employed in related roles at Kwantlen Polytechnic University and Douglas College.

"I am humbled by the support I have received and very excited to be taking on this expanded role," Daykin said.

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Transportation trades	
Tuesday, Aug. 14, 21 & 28, 11 a.m. – lobby, building B	Broadway
Tuesday, Sept. 4, 11 a.m. – lobby, building B	Broadway
Skin and body therapy (esthetics)	
Wednesday, Aug. 22, 4:30 p.m. – room 201	Downtown
Hair design	
Wednesday, Aug. 22, 4:30 p.m. – room 201	Downtown
Career planning and job search courses	
Monday, Aug. 27, noon – room 236	Downtown
Tuesday, Sept. 4, noon – room 236	Downtown
Building service worker	
Monday, Aug. 27, 1 p.m. – room 412	Downtown
Wednesday, Sept. 5, 1 p.m. – room 412	Downtown
MasterValuer appraisal	
Monday, Aug. 27, 6:30 p.m. – room 164	Downtown
Culinary arts and Asian culinary arts	
Friday, Aug. 31, 9:30 a.m. – room 112 (theatre)	Downtown
Teaching English to speakers of other languages (TESOL)	
Tuesday, Sept. 4, noon – room 518	Downtown
English as a second language & ESL community classes	
Wednesday, Sept. 5, 10 a.m. – room 5025	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

View all VCC Info sessions and tours

vcc.ca

Vancouver Community College

SPORTS 4

Union to present league with alternative: Fehr

NHL. Negotiations about to pick up pace a month after NHLPA received initial offer

The NHL Players' Association is dreaming big.

Faced with an initial proposal in collective bargaining that held absolutely no appeal, NHLPA executive director Donald Fehr is proceeding as though it never happened. Rather than quibbling over the fine points of the NHL's offer, the union has chosen to re-imagine the league's economic system in a proposal it will deliver on Tuesday.

"What we expect to do tomorrow is to put forth an alternative view as to what we should do next," Fehr said Monday. "That's the best way I can put it."

It's a bold move with a Sept. 15 deadline looming for a lockout. The initial offer from the NHL called for a lowering of the players' share in revenue and introduced new contract restrictions, among other things. There wasn't one aspect of it that appealed to the union, with one source saying the NHLPA felt it was designed to "anger and provoke" rather than kick-start meaningful discussions.

Despite that, the union thoroughly examined it over the past month before deciding there was no true counter-proposal to be made. Fehr will instead offer a "different kind of an approach" — one that no doubt includes expanded revenue sharing and more flexibility than is currently allowed under the league's rigid salary-cap system.

Negotiations are about to pick up pace. Though the sides have been talking throughout the summer, they finally seem ready to get down to work.

"All things in this world at this stage of this negotiation are possible," Fehr said.

THE CANADIAN PRESS

Donald Fehr
CHRIS YOUNG/THE CANADIAN PRESS

Kvitova rallies for Rogers Cup title

Petra Kvitova reacts following a point during the final of the Rogers Cup against Li Na on Monday in Montreal. Kvitova held on for the victory, 7-5, 2-6, 6-3. PAUL CHIASSON/THE CANADIAN PRESS

Mobile sports

The Baltimore Orioles have defied logic this season in a manner that transcends their unlikely stature as a playoff contender. Baltimore has been outscored by 49 runs, yet trail the AL East-leading New York Yankees by only 5 1/2 games and are in second place in the wild-card race. How have they done it? Scan the code for the story.

Hockey. Russia pins Canada against the ropes

After twice battling back from two-goal deficits and rallying to tie a third time in the final period, Canada ran out of steam against Russia.

Andrei Sigarev scored his second goal of the game with 6:23 left to play as Russia edged Canada 6-5 in Game 3 of the Canada-Russia Hockey Challenge on Monday night.

Russia now leads the four-game exhibition series 2-1 with the final game set for Tuesday night in Halifax.

Defenceman Ryan Murphy, a draft pick of the Carolina Hurricanes, was the standout for Canada as he notched a goal and three assists. THE CANADIAN PRESS

Goal scorers:

- **Russia.** Andrei Sigarev (2), Vladimir Tkachev, Mikhail Naumenkov, Anton Zlobin, Anton Slepyshev.
- **Canada.** Ryan Murphy, Ryan Murray, Sean Monahan, Charles Hudon, Jonathan Huberdeau.

MLB

Jays need extras to knock off Sox

David Cooper drove in the winning run in the 11th inning as the Toronto Blue Jays beat the Chicago White Sox 3-2 on Monday night.

Moises Sierra homered and Edwin Encarnacion also singled in a run as the Blue Jays (55-60) opened a four-game series with their second straight win.

Adam Dunn homered twice for Chicago (62-52) to give him the major-league lead with 33 homers.

THE CANADIAN PRESS

NHL. Brendan Gaunce signs deal with Canucks

The Vancouver Canucks signed 2012 first-round draft pick Brendan Gaunce to a contract on Monday.

The centre from Markham, Ont., recorded 68 points (28-40) and added 68 penalty minutes in 68 games with the Belleville Bulls of the Ontario Hockey League last season.

The six-foot-two, 205-pound Gaunce represented Canada at the 2011 under-18 world junior championship where he collected four points (1-3) in seven games. The Canucks took Gaunce 26th overall at June's draft. THE CANADIAN PRESS

Brendan Gaunce THE ASSOCIATED PRESS

Heroes return to home soil

Olympic gold medallist Rosie MacLennan, from King City, Ont., signs autographs upon arriving at Pearson International Airport on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Warm welcome.
Gold medallist MacLennan among several athletes to return home from London

Canada's Olympians were greeted by cheering fans and throngs of media as they touched down on home soil Monday.

Women's soccer hero Diana Matheson, who scored the dramatic winning goal in the bronze-medal victory over France, received a hero's welcome when she arrived at Toronto's Pearson Airport.

"I think right now we're going home to sleep for a week," Matheson said.

Canada's only gold medallist was also greeted by adoring fans in Toronto.

Trampolinist Rosie MacLennan, proudly wearing her medal around her neck, said her Olympic success has brought a lot of attention to her sport.

"Now everybody knows my name," said the 23-year-old MacLennan, who has seen her Twitter followers explode from 900 to more than 14,000 after the big win.

In Montreal, athletes made a triumphant return to Trudeau airport as friends and family belted out the national anthem.

The delegation included a number of bronze medallists — divers Jennifer Abel, Emilie Heymans, Roseline Filion, Meaghan Benfeito, and judoka Antoine-Valois Fortier were all present.

Valois-Fortier, the first Canadian to win an Olympic judo medal since his coach, Nicolas Gill, won gold at the Sydney Games in 2000, literally burst into tears on the mat at the conclusion of his bronze-winning fight.

"It was a very emotional moment," the judoka explained. "It all came out at once, all the better if the spectators were moved by it."

Meanwhile, the four Canadian divers return home with the feeling of a job well done. Heymans and Abel picked up the bronze in the three-metre synchro event, while compatriots Benfeito and Filion did the same from the 10-metre platform.

It was an even more satisfying result for best friends Benfeito and Filion, who placed seventh at the Beijing Games in 2008.

Heymans, taking part in her final Olympics, finished her career by becoming the first diver in history to win a medal at four different Games. She was a big help to her young teammate who, at only 20, was participating in her second Games.

THE CANADIAN PRESS

Quoted

"Emilie has so much experience behind her. She taught me to stay calm, to take my time and to have fun during competitions."

Synchronized diving bronze medallist Jennifer Abel on her teammate Emilie Heymans

For more post-Olympic coverage visit metronews.ca/olympics.

Women's soccer hero Diana Matheson, from Mississauga, Ont., shows off her bronze medal upon her arrival in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Van Koeverden lands in T.O.

Adam van Koeverden talks to members of the media upon his arrival at Pearson International Airport. The silver-medal-winning kayaker said he is still pondering his Olympic future. "I'm looking forward," said the Burlington, Ont., native. "I don't know that I'm done."

DARRYL DYCK/THE CANADIAN PRESS

'No regrets at all,' says Hanson

JOHN MATISZ
Metro in London

Janine Hanson simply could not stop smiling.

As the silver-medal-winning rower in Canada's women's eight boat arrived back home in London, Ont., on Monday, she was met by about a dozen supporters who gathered to greet the two-time Olympian after she stepped off a connection flight from Toronto's Pearson airport.

"It's nice to be able to share the medal with people, just to come home and see friends and family," Hanson said, beaming.

Among the well-wishers was the Dew family. "She's a part of our family," Carla Dew said, proffering a gift of homemade bread and jam.

After a short embrace with family, Hanson flashed a big smile at Carla's son, Mitchel. The two, though 18 years apart, are good buddies. They met six years ago through Autism London, and Hanson remains a strong influence on Mitchel.

She has taught him how to swim and taken him on day trips, such as a tour of the Doug Wells Rowing Centre in London where the team trains.

But Hanson's homecoming was bittersweet because she knows the current women's eight roster won't be intact for much longer. Five of its nine members are 30 or older. Hanson and Ashley Brzozowicz will be passing the torch to a pair of 23-year-olds, Natalie Mastracci and Lauren Wilkinson.

Calling the big race a "good fight," she says placing second to the powerhouse Americans was a tremendous victory for the aging squad. And, with her boyfriend, family friends and Mitchel huddled around her, she summed up the crew's performance overseas: "No regrets at all."

Janine Hanson, 29, a member of the Canadian women's eight rowing team, shows off her silver medal to Mitchel Dew, a family friend, moments after arriving home in London, Ont., on Monday afternoon. JOHN MATISZ/METRO IN LONDON

The London gang

- Decathlete Damian Warner arrived in London, Ont., at 8:24 p.m. local time. Asked about his key to success at the Games, Warner, 23, said: "Just go out there and have fun. If I do, the results will come."
- Lesley Thompson-Willie, now a four-time Olympic medallist in rowing, was set to arrive at 11:57 p.m.

To watch video of Damian Warner's return to London, Ont., go to metronews.ca.

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Olympian Custio Clayton is reunited with his girlfriend, Charis Diggs, and his son, Kyreece, as he returns from the London Olympics to a hero's welcome at Halifax Stanfield International Airport. JEFF HARPER/METRO IN HALIFAX

Clayton floored by reception

Halifax. Boxer is among five Olympians back in Nova Scotia after strong showings

ANDREW CALEY
vancouver@metronews.ca

The moment the doors opened at Halifax Stanfield International Airport and revealed boxer Custio Clayton, the crowd erupted.

Clayton, from North Preston, N.S., had a huge smile as his son was passed to him through the crowd and his friends and family presented him with a medal.

Just the beginning?

Ellie Black, Custio Clayton and Geoff Harris all confirmed that after some rest, they will set their sights on the Rio 2016 Olympics.

"This is crazy. I mean, to come through here and see all these people here, it doesn't get much better than that," Clayton said.

A collection of a few hundred family members, friends and fans waited at the airport to greet their Olympic heroes Monday afternoon.

Along with Clayton, Nova Scotia's Ellie Black, Geoff Harris, Jenna Martin and Danielle Dube returned home after an impressive showing at the Summer Games in London.

Clayton lost a controversial decision on a count back to Great Britain's Freddie Evans in the quarter-finals. A win would have guaranteed him at least a bronze medal.

But Clayton took the decision in stride and is looking forward to getting a chance to sit back and rest before getting back to the gym.

Black, the 16-year-old gymnast from Halifax, came through the airport gates to chants of "Ellie! Ellie! Ellie!"

"It's amazing," she said with tears in her eyes. "It is the best experience ever."

Brazilians grab hold of Olympic duties

Rio de Janeiro's Mayor Eduardo Paes, top left, Carlos Arthur Nuzman, president of the Brazilian Olympic Committee, bottom right, and Brazilian athletes hold up the Olympic flag upon its arrival in Rio de Janeiro on Monday. This marks the official start of Rio's Olympic preparations. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Whatever else you do today, you must not take sides in a dispute. Power planet Pluto warns that even if you pick the winning side, you will lose out in ways you had not expected. Stay neutral — it's safer.

♉ Taurus
April 21 - May 21
No matter how successful you have been in your career, you can't shake the feeling that you could have done even better. Maybe it's true, maybe you could, but there's still today and tomorrow.

♊ Gemini
May 22 - June 21
For some reason, you have got it into your head that a friend or colleague is trying to take advantage of you. Most likely it is your imagination playing tricks on you. Master your mind, don't let it master you.

♋ Cancer
June 22 - July 23
Use your powers of persuasion to convince a friend or relative that what they are worrying themselves silly about is not worth the effort. And after you have convinced them, you might like to do the same for yourself.

♌ Leo
July 24 - Aug. 23
The message of the stars today is that you have taken on too much and need to cut back on your commitments. You may not want to let people down but the fact is your health must come first.

♍ Virgo
Aug. 24 - Sept. 23
A friend or colleague will suggest something today that sounds really good, but because you are worried about your money situation you may let it pass. Mistake! It could be the cash cow you've been looking for.

♎ Libra
Sept. 24 - Oct. 23
Other people may think that a certain course of action is wrong but you don't have to agree with them. Only you can decide what is "right" and "wrong" in your life, so don't give that power away.

♏ Scorpio
Oct. 24 - Nov. 22
You will achieve more in the long-term if you deal with people one-to-one than if you try to get your message over to large groups. Use your Scorpio charm (yes it does exist!) to get what you need.

♐ Sagittarius
Nov. 23 - Dec. 21
It may be that your options are limited but they are not so limited that you have to sit back and let fate turn you this way and that. Make a decision today and stick with it. Show fate you're the boss.

♑ Capricorn
Dec. 22 - Jan. 20
You have big ideas and big plans, but are you ever going to do anything with them? The planets urge you to stop thinking so much and actually start working. A little bit each and every day is all that is needed.

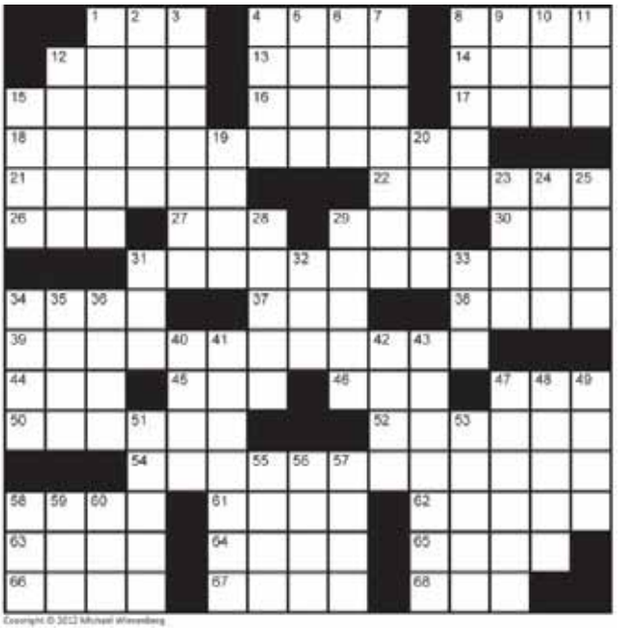
♒ Aquarius
Jan. 21 - Feb. 19
No matter how much pressure you come under from influential people, you must not betray your principles. If you back off even a little bit now you will end up backing off a lot later on.

♓ Pisces
Feb. 20 - March 20
It may be true that some people are not pulling their weight but don't make a big deal of it. Ignore what they are doing (or not doing) and focus on your own activities — that's what will make the difference.

SALLY BROMPTON

Crossword: Miscellany

BY MICHAEL WIESENBERG



Across
1. Replacement
4. Real estate rentals: abbr.
8. Observes
12. Altar end of church
13. Bend in a sink's pipe
14. Ottawa-born singer-songwriter Paul who wrote the much-covered "My Way"
15. Weeps
16. Short note
17. Encounter
18. Canada's official weights and measures reckoning (2 wds.)
21. Big rig fuel
22. Clandestine meetings
26. Hosp. workers
27. Prefix for logical or physical meaning "earth"
29. Maritime Prov.
30. "___ Baby Baby": 1965 Miracles hit
31. Montréal singer-poet most known for "Suzanne" (2 wds.)
34. Rim
37. *Nightmare on ___ Street*
38. Assents noiselessly
39. Canadian and American honeymooners' destination (2 wds.)
44. Bear's hibernation spot
45. Chewing ___
46. "___ thousand times ...": "I'll never agree" (2 wds.)
47. Lamb's bleat
50. Dextrose and fructose
52. What Scarborough or North York is to Toronto
54. These mountains extend from southern BC through Washington and Oregon to Northern California (2 wds.)
58. A step away
61. America's top corn-growing state
62. Gold bar
63. Lake bounded on the north by Ontario
64. Affirm solemnly
65. Home to Adam and Eve
66. Makes a mistake
67. Bird home
68. Canadian redeye

Down
1. Is venomous to
2. People with computers
3. Overwhelm, as with requests
4. Cash dispensers
5. Carnivore's quarry
6. Scottish caps
7. Like a leopard
8. ___ Davis Jr.
9. Montréal-to-Québec dir.
10. Barely manage (with "out")
11. Posed
12. "Congratulations ___ order" (2 wds.)
15. Admiral's underling: abbr.
19. Disney goldfish
20. Guitarist Clapton
23. Area in London or NYC
24. ___ the line: conformed
25. Male offspring
28. 60 minutes past midnight (2 wds.)
29. Spin doctor, for short (2 wds.)
31. Part of a race
32. Fuzzy alien of '80s TV
33. Light switch positions
34. Finishes
35. "Mon ___!"
36. Band of outlaws
40. India city that's home to the Taj Mahal
41. ___ roulette
42. Be an unsuccessful gambler
43. PM Wilfrid
47. ___ cord: what thrill-seeking bridge jumper uses
48. Inert gas in vacuum tubes
49. Aid
51. 640 make a square mile
53. "Don't ___ words with me"
55. Small inlet
56. Bedazzles
57. Barroom projectile
58. Society page adjective that means "born" in French
59. Flub
60. Atmosphere

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2					
2				1	7		3	
	5	7		6		2	8	1
	9					1	4	
			1		2			
	2	3					5	
5	1	9		7		4	2	
	3		6	5				9
					4			

Yesterday's Sudoku

2	3	6	8	5	1	4	9	7
1	5	7	3	4	9	2	6	8
4	9	8	6	7	2	5	1	3
7	1	9	2	8	5	3	4	6
3	6	2	7	9	4	8	5	1
5	8	4	1	3	6	9	7	2
9	7	1	4	2	3	6	8	5
6	4	3	5	1	8	7	2	9
8	2	5	9	6	7	1	3	4

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